Mind Radio

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By MAX WARDALL

Revised
SECOND EDITION

THE THEOSOPHICAL PRESS
Publishers and Importers
Wheaton, Illinois

Copyright, 1931, by The Theosophical Press

Printed in U. S. A.
David McKay Company, Washington Square, Philadelphia

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Among the characteristics of highly intelligent men and women, one mental trait stands out vividly—curiosity. An eager curiosity about many things is the hallmark of superior men and women. He who is not curious, especially about himself, is asleep. He is not growing. The attribute which raises man above all other creatures is this indomitable, persevering *will to know.*

If you are alive and awake and heedful of the ancient injunction: "Man, know thyself!", you will be interested in the subject of this booklet.

In these days most readers have a radio in their home or have access to one. Have you not been amazed to hear a voice coming from across the continent, or even across the trackless ocean? I do not see how anyone can be a materialist and have a radio in his house—it hints so strongly of the mysteries of the unseen world which surrounds us. Nothing that you will read herein is more occult and magical than this ability we now possess to reach out into space and appropriate these distant energies called radio waves and convert them into sound, speech and music.

Radio vibrations are not the only invisible waves that beat upon us. We are living in a continuous, all-pervading fluid called ether which fills all space. This ether is incessantly responding to energies originating either on this earth or some other planet. Some of these are visible rays, as the colors of the spectrum, but most of them are wholly unseen and normally unfelt. We have already discovered the infra-red, the ultra-violet, the radium ray, electric waves, and cosmic rays, and science is every day recognizing new and more powerful ones. Like waves of the sea, these undulations in the ether have a definite length between crests. These wave lengths vary. Some are ten miles long; some are one-millionth of an inch.

Did you ever guess that when you think you generate unseen waves like these that go splashing through the all-pervading ether? Did it ever occur to you that your mind produces discharges of electrical energy, and that these leaping, pulsing energies create waves of definite length, intensity and amplitude? Well, this is the great discovery that radio foreshadows. The broadcasting plant is in reality a copy of a function of man's brain.

You are a great broadcasting plant, sending and receiving invisible messages day and night. You are

a power plant, the greatest in the world, and from the antennae of your brain go flying waves of thought. Within your mind is a wireless apparatus more cunning and intricate than anything the hand of man has fashioned, or ever will fashion. The radio was discovered by imitating the receiving and transmitting power of the human mind.

Most of our great inventions are in one way or another physiological projections. The telegraph is simply man's nervous system strung on poles. The inventor of the telephone had a model of the human ear before him when he made the first receiver. The camera is the human eye with a box around it. The ball and socket, lever, monkey wrench, the arch, hammer, screw and all mechanical tools in some way imitate the structure of your skeleton. So does the radio copy your brain.

The mental rays are more minute and more penetrating than any other. They must go with irresistible might, and with swiftness beyond conception. These delicate vibrations are flowing from our minds all the time into the mental ether that surrounds us. We are therefore immersed in an ocean of leaping thought waves, which impinge upon our consciousness when we are tuned in to the right wave length.

Thoughts Have Wings

Sir William Crookes said: "The action of thought is accomplished by certain molecular movements in the brain, which vibrations are capable of acting directly on the individual molecules of other brains. Granted intense activity of mind in one person, and high sensitivity in the other, an impression from the first to the second might be transmitted with ease."

When we come to realize that we are broadcasting while we are thinking, how much more responsible shall we feel for our thoughts! You would be shocked if you heard vulgarity and profanity over the radio. Each station is careful to send out only that which is clean and instructive. So should our mental station be. Sometimes when we turn the searchlight into our own minds we are embarrassed by what we find there, and we understand Voltaire when he said that "man is the only animal that blushes—or needs to!"

We have in the past considered thinking exclusively our own business. We felt that if we lived lives of decency and order, conforming to the laws and rules of society, we were good citizens even though we harbored dark thoughts within. But lo! we now discover that "it is not what goeth in, but

what cometh out that defileth a man." No one, though he walk uprightly and speak with the tongue of an angel, is a good citizen unless his mind radio transmits good thoughts. A man engaged in the process of thinking is sending out into the atmosphere around and about him a steady stream, a luminous trail of ideas. A man sitting in a street car, absorbed in his own thoughts, is stirring the ether ceaselessly with his own vibrations, and he may fill the whole car with his radiation. If you chance to sit near him, your consciousness will tend to be thrown into the same rate of vibration as his own, just as one sitting beside a stove will be warmed by the undulating heat waves.

You see now why our thinking is not our own business, but everybody's business. If we go about with hatred, violence and discontent in our hearts, we are infecting other people, dragging them down into the cesspool we have created. We teach our children when they are naughty to beware of bears and goblins. It would be much more sensible to teach them to beware of evil thoughts that infect the air. They can run from tigers and bears and goblins, but an ill thought finds its way everywhere.

Whenever a strong, concentrated thinker sends out a stream of thought and feeling, he is respon-

sible beyond measure to all weak souls who have no stabilized program of life, for they pick up his thoughts. Very few people think their own thoughts. Most of the human race are influenced primarily by suggestions from other minds. They are always "listening in" on the universe, and getting whatever comes along. The weak are at our mercy. It is only the strong mind with a definite, fixed rate of vibration that is able to choose. He is not moved or affected by that which he does not want. An evil thought coming against his magnetic field will be thrown off like dust from a whirling wheel.

Thoughts Create

Nor is this half the story. Not only do our thoughts influence others, but they react upon ourselves, creating both character and destiny. The man who does not realize that he is building his future by the thoughts he thinks is missing the greatest opportunity of life. I am reminded of the story of the learned professor who was one day being ferried across a deep river. When they were out into the stream the professor turned to the ferryman and inquired, "Do you know anything about Astronomy?" The old ferryman shook his head, "Never heard of him." "Well," said the professor, "One-quarter of

your life is gone." Later he again inquired, "Do you know anything about Biology?" "Not a thing," said the ferryman. "Then half your life is gone." Finally the professor ventured, "But do you know anything about Mathematics?" "No, nor that either." "Ah," sighed the professor, "Then three-quarters of your life is gone." Just then the boat capsized in the middle of the stream and threw them both struggling into the water. The ferryman shouted, "Professor, do you know anything about swimming?" "No," gasped the professor, "Well, the *whole* of *your* life is gone!" Sometimes I think the whole of one's life is lost when he has not learned to use the power of thought.

Our surroundings and our successes or failures are reflections of our past thoughts. They represent the sum total of our broadcastings. Ugly and discordant feelings bring us into discord and wretchedness; those that are harmonious and beautiful into a life of peace and well being. There is no such thing as luck, good or bad. No one owns a lucky star. The plan of life is not as shallow as that.

Every man is the creator of his own destiny, and he creates through the mind. If you don't like what you have, you can change it. Try broadcasting a different wave length and you will be surprised.

Most of us live in underground dungeons when we could live in palaces. Remember: fear, doubt and worry are the precious trinity that brings slavery and unhappiness. This trinity may be banished by thoughts of faith, confidence and hope. "As a man thinketh in his heart, so is he." Strange words and true are these uttered by the Master Thinker. Here is a sure recipe for happiness and success: Guard well your thoughts, for they create and build. Herein lies your power. Use the creative imagination that we derive from God, the Infinite Source of all being. Listen to the poet's song:

"As dew is drawn upward, in rain to descend,
Your thoughts drift away and in destiny blend.
You cannot escape them, for petty or great
Or evil, or noble, they fashion your fate.

"Somewhere on some planet, sometime and somehow,
Your life will reflect all the thoughts of your now.
The law is unerring; no blood can atone;
The structure you rear, you must live in alone.

"From cycle to cyle, through time and through space,
Your lives with your longing will ever keep pace,
And all that you ask for, and all you desire,
Must come at your bidding as flames out of fire."

The Mechanism of Consciousness

We shall now try to indicate how the power of thought shapes and reshapes the destinies of individuals. You will remember that a few years ago scientists told us that thought was a secretion of the brain, as bile is a product of the liver. The idea has now been abandoned. It is well known now that the brain can no more produce thought than a piano can produce music. There must be a performer. Who is the performer behind the brain? "Man," as St. Paul said, "is body, soul and spirit." Spirit is the Cosmic Life in us. The soul is the garment of the spirit and constitutes the individuality. The body is the personality, the instrument of the soul.

When we consider the personality, however, we find that it is not merely a fleshly thing, composed of blood and bone and sinew, but is three-fold in its nature. In reality it is three bodies. The thing of flesh that we see is the outer casing. It is interpenetrated by another body which is finer and subtler than the ether. In this all our feelings, sensations and emotions find play. And sheathed within is yet another and finer body that we term the mental. In it vibrations of thought are expressed.

Of these three instruments the physical is the only one that acts in dense matter. The emotional body works in the fine matter of its own plane, which spreads all around and within us and forms the background and matrix of physical objects. The mental body acts in substance yet finer, which also spreads out through the physical and emotional plane as well as its own plane.

All motion in physical matter betrays itself in action; motion in astral matter as feeling, sensation, emotion or desires; and all movement in mental matter as thought. These bodies form the garment of the soul through which are expressed its activities which we classify as thought, feeling and action.

The brain is played upon in the frontal hemisphere by thought and is what we call the conscious mind. The back brain is the playground of the feelings and instincts and is the area through which the unconscious mind acts in part upon the body. With these very necessary explanations we are better able to understand what happens when we think.

When thinking takes place the mental body pulsates in a sort of vibration, and this vibration affects the mind stuff of the mental plane in which it expresses itself. This matter is thrown into waves which pass outward in all directions like radio waves

from a broadcasting station. The vibration is also carried through the emotional body to the physical brain, and translated by the brain and nervous system into speech and action just as the receiving set translates radio waves into music. In the same manner any feeling emanating from the emotional body passes along in vibratory waves to the brain and nervous system, and sensation results.

These impulses set going constantly in ourselves have three reactions as we have suggested: first, upon ourselves; second, upon our environment; and third, upon others.

"As a Man Thinketh"

What effect do thoughts have upon ourselves? What is the true significance of the phrase, "As a man thinketh in his heart, so is he"? Do not imagine that thoughts vanish from our minds, leaving no trace behind. No, each one of us is forever thinking and forever feeling the effects of those thoughts. "Sow a thought, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."

The little thoughts of everyday life, our great thoughts in high moments, our imaginings, passions and feelings blended together gradually create the

edifice which we call character, and character is the greatest thing in life. Nothing else very much matters, does it? Fame and possessions and friends may pass away, but character alone is eternal. I have been journeying for many years and have met thousands of people, and the only people I can remember are those who have character. They have stamped themselves so indelibly upon my consciousness that I shall never forget them. Character has an infinite, immortal quality, and fine characters are built by noble thoughts, generous feelings, high aims and persistent ideals.

If one does not like his own character or disposition, he can change it. He alone has built it. He has but to change his wave length. He must stop broadcasting the short wave and broadcast the long. (This may not be technically exact, but the suggestion is sound.) Instead of intermittent, negative vibrations of fear and doubt we must think positively and steadily with constructive force.

This is what makes an ideal so priceless in achieving success. An ideal is a central image in the mind, a glowing vision of perfection, about which all thoughts and feelings wheel like planets round the sun. Gradually faults and weaknesses which interfere with the achievement of the ideal drop

away like dead leaves from a tree. It is a great mistake to fight one's faults. One should not use the will to overcome a weakness. It is the imagination, not the will, which is creative. It is much more scientific to hold the vice before your mind, impressing yourself with its ugliness, and then drop it and forget it and concentrate your mind upon the opposite virtue. Make that virtue a daily ideal. Think of it, feel after it, brood over it, until you become like it. So divinely creative is the human mind that no want or weakness can withstand its positive affirmative power.

Poison Thoughts

The reader may agree with the foregoing, but will he agree as readily with the second proposition? Not only do thoughts and feelings mould the character, but they mould circumstances and environment. They actually determine the kind of health you will have, what social joys you will know, the house you will live in, the success you will have.

That seems a broad statement, and yet we know from scientific inquiry that evil thought will make the body sick. We know that chronic worry is one of the basic causes of diabetes. We know that fear will slow down the action of the glands and produce

a reaction in the body that is painful and disease-creating. I suppose there is no one single emotion that is so devastating to health as chronic fear or morbid worry. The angry passions create ulcerations in the body and deposit poisons in the blood. One who is critical, condemnatory, hard and rigid begins to show it in his body. His body becomes stiff, his back gets bowed, and he begins to partake of the characteristics of his thought. Feelings of hate, grief and sadness make the body droop and sag; they quench the fires of life. We should avoid them as we do smallpox.

Emotions of admiration, benevolence, tenderness and reverence, on the other hand, are stimulants to the body and mould it into lines of beauty. We can see in the face of every adult the impress of his thought and feeling. "It is not your fault if you are not beautiful at sixteen, but it *is* your fault if you are not beautiful at forty." Inner grace will stamp itself on the face so that everyone may see it. There is an indefinable radiance that shows out as we build the splendor within.

As thoughts affect the body, so do they make and mould our outer environment. Our surroundings in life reflect with absolute precision the sum total of our past thinking. We do not get what we *want* in

life, but what we *are*. Ugly and discordant thoughts bring us into a distracted environment; those that are happy and harmonious into an atmosphere of well being. Kindly and gentle people send out a vibration that attracts kind and generous friends and associates.

Reincarnation

Social surroundings are not, of course, entirely the results of our thoughts in this life. If they were, you would not see apparently noble people in painful circumstances. We have all lived before, and bring with us our legacy of friends and relatives. Parents are not accidents.

Look at it from another point of view. One hundred thousand babies are born into the world every day. Where do they come from? Are they biological accidents? Are they fresh-created souls? Or are they much traveled individuals come again into a house of flesh for a new era of activity. I incline strongly to the latter view, which is the only one supported by logic. I think we may safely discard our preconceived notions that a child is a new created thing, fresh from the hand of God, moulded into the likeness of its parents through the physical law of heredity, and adopt the more enlightened

teachings of the day: that a child is an immortal soul with an immemorial past, that comes to his parents with the heritage of this past in his hands, bringing with him the treasures garnered through the ages.

Brothers and sisters and the great variety of other relatives are those who are more or less closely related to us by ties from the past. They may be sympathetic or antagonistic, for it is strong desire and emotion that draws people together whether it be on the side of love or hate. Sometimes an individual with whom we have had bitter relations in the past comes to us, even as a brother or sister, in order that harmony may in the end be established between us. Every acquaintance, every individual who comes hurtling into our atmosphere, comes for a purpose. He needs experience with us, and we cannot get rid of him until the experience is consummated. If we run away from an enemy we are only deferring settlement. We never escape from our environment until we have learned to put the best of ourselves into it. If we try to frustrate Nature's law by running away from our natural obligations, then somewhere, sometime, we will be dragged back again by the universal law of compensation until the adjustment is made. Before the

Great Plan is consummated we shall all be obliged to establish between ourselves and others the utmost of harmony. We are one Soul in many bodies. There is an invisible tissue that binds us all together, and it is perpetually pulling for unity. The Creative Mind cannot successfully operate a universe where the individuals are at war with one another. The discords of social and domestic life must be worked out in accordance with the law of unity. We cannot go on and leave anyone behind. We must all go home together.

Our relatives are, of course, the most powerful and influential instruments in the working out of our destinies. They occupy the center of the stage in our life's drama. The manner in which they treat us during the first two decades of our existence determines to a great degree our weal or woe. These individuals are therefore usually souls with whom we have ties from the past of the most tenacious and enduring character. The Master of the Great Law, or the Sovereign Keeper of the Records—whoever or whatever has to do with the directing of the human soul into incarnation—directs the individual to the father and mother who will provide him with the body and brain and kind of environment that the soul has earned in the past.

Watch Your Wave Length

If you can accept this teaching, you will gain a new perspective of divine justice. You will understand why one child is born in the slums of a city, slimed over with degradation from birth, while another only a mile away is born into a pure and noble family with every opportunity for growth and advancement. One is born blind, or afflicted with some loathsome malady that makes life a long crucifixion; another is born strong and well—one beautiful, another ugly and repulsive to behold—one vicious, another a saint—one a genius, another a drooling imbecile. Have you ever visited an asylum for defective children? I recently visited an institute for the care of blind imbeciles. As though it were not enough to send a child helpless and unseeing into the world, here we have them stricken also with idiocy. A hundred children, creeping and crawling about—mindless and sightless! How do you account for this? Is God lacking in power, that He permits an immortal soul to enter a body not fit for the animal kingdom? Or is He lacking in love, and does not care?

The only answer is found in Reincarnation. These children have lived before and have violated

physical and moral law. They have returned into minds and bodies of their own making. The souls within these hideous bodies must learn the lessons of obedience, self-control, gentleness and patience. When those lessons are learned they will be reborn into bodies fair and strong. Man is the only rebel in all the wide realms of Nature, and that is because he is the only creature with free will. He is evolving, but he is still crafty, selfish and cruel, and thus he brings evil and suffering upon himself. God is just and full of love. He could have made His creatures perfect, but they would have been mere automatons. With free will we grow gradually into His likeness—choosing, comparing, analyzing, synthesizing, reflecting, loving and suffering much.

So we fashion our own fate, building and rebuilding our universe. We are never tomorrow what we were today. Through thought we have built; through thought we may change. If life has attached us to a barren, friendless island of isolation, we may change it. Such an environment is the result of thoughts that were cold, selfish, heartless, proud and disdainful. We may change this condition with thoughts that are gentle, merciful and generous. Poverty, indecision and slavery come from fear, doubt and worry thoughts. These conditions are

banished by energetic, determined and constructive vibrations which will lead us into the clearness and sunlight of happy labor.

Please do not think these are mere sentiments. They are facts each one may demonstrate for himself. If you are hemmed in by the prison walls of limitation, surrounded by disagreeable associations, beset by poverty, disease and enslavement, you may know that these walls were erected by yourself, and that they may be cast down by clear-cut images of power.

How We Influence Others

As the Creative Mind builds destiny for the individual himself, so it broadcasts its changing messages to the other human fragments in his pathway. We influence everyone around us by our silent and secret thoughts and feelings, whether we know it or not. No man lives to himself alone. He may live in the desert, a homeless hermit, and still be accountable for the thoughts he thinks. We are raising or lowering the mental atmosphere of our world every moment by our thoughts and feelings.

We are constantly influencing each other whether we wish to or not. We are swimming in a sea of

sensitive matter, and the waves and undulations from each individual are felt by all others. The relation is so intimate that no man can live his life alone. He is constantly affecting those about him by the unseen radiations of his own thoughts and feelings. He is like a pinch of radium, sending out dynamic rays into the thought sphere about him.

Public opinion is moulded by this invisible radiation from many minds. Fear thoughts are epidemic. During the visitations of panics and plagues, the public mind becomes tormented with hysterical fear. The mental atmosphere at such a time is so saturated with the troubled emotions of many minds that a whole nation may become terrified and panic stricken.

Children are infinitely susceptible to feelings broadcasted in the home. They are like little sponges soaking up the atmosphere. If there are secret discords, hatreds or fears in the home they feel them, and their minds and characters are influenced thereby. Sometimes you have the spectacle of parents living together who have long since ceased to love or trust each other. They are indeed in a state of active discord, but they stay together on account of public opinion and the children. Yet it were better, far better, for society if they separated. Children brought up in a strained and combative

atmosphere will develop badly. It does not matter whether there be any overt signs of anger or malice. It is enough that the mental atmosphere is charged with stormy waves. These waves beat upon the receiving sets in the brains of the children and influence them unconsciously. It is not too much to say that no saint ever came from a home where hate abides.

Beam Rays

There is one more interesting thing in connection with mental broadcasts. You are aware that there has recently been developed what is known as the beam ray. It consists of high frequency Hertzian waves converged to a single receiver. Ordinary transmission involves radio waves that go in every direction. Anyone having a receiver and proper detector may tune in and get the message. But the beam ray is tuned to one receiver. None other can pick it up. It goes like an arrow to the mark.

This invention also duplicates a faculty in the mind of man, for he too can converge his mind upon another, sending him a specially directed ray that only he can receive. It is not a rare gift. Everybody has it. We are all shooting arrows of thought toward those who are near and dear to us. If you sit think-

ing intently of another person, it is almost as clear as a telephone conversation. You can sometimes hear the tinkle of the telephone bell at his end of the line! If you are writing a letter to a friend, you create a mental image of him as your hand flows over the written page. That image is ensouled with your emotion, and goes straight to him in leaping waves of light. Have you not observed that often before receiving a letter from some close friend you begin to think of him, or even dream of him? He has forecasted himself. His thought forms have already arrived. You have already received the message.

The old adage that love begets love and hate begets hate has its foundation in this secret of the beam ray. If you are tuned in upon another you unconsciously share his thoughts. It should be a matter of great concern whom you choose for a friend. A good friend is the medicine of life. His strength becomes your strength. But to be tuned in with an inferior is something of a tragedy. It is like tuning your radio receiver in upon Station ZZY and hearing a sickly jazz melody when you were expecting a Beethoven Symphony.

We do not mean to imply that every thought missile directed toward another finds its goal immediately. The individual toward whom it is aimed

may be so immersed in his own thoughts and feelings that he will not sense the pressure of the projected thought at once, but it will hover around and as soon as he is relaxed it will in some manner get in. Here is an occult teaching that each of us instinctively recognizes as true. Its vital bearing on human relations can be easily seen. No one fact that you will ever hear in life is more pregnant with possibilities than this. Observe, for instance, how you can adapt this knowledge to help someone who is in trouble.

Healing Angels

If you have a friend who is a victim of ill health, discouragement, or some enslaving habit, could you not help him enormously? Apart from the help given through normal physical channels, there is a safe and certain way to help him through the office of your thought. You are first to dispel from your mind any sense of his limitations, casting out every thought of vice, darkness and disease. There is no self-deception here, for the soul has no vice, no darkness, no disease. At the center each man is stainless and pure—an incorruptible unit of infinite strength and vitality. Now picture your friend as a radiant, Christ-like figure, shining with the quality you wish

him to have. After the image is clearly formed, brood deeply, seriously and confidently on that image and quality. If your thought is clear-cut and sustained it will reach him without fail. Fluttering messages clothed with light will go to him, clustering about in his aura, veritable angels of warmth and healing.

Of course they cannot enter the darkened mind of that other while he is wholly given over to this weakness, any more than the sunlight can penetrate an underground dungeon. But if he has a single glimmer of aspiration, then at the moment when his mind is upraised in hope or prayer these dynamic messengers of yours will wing their way into his consciousness to heal and bless.

This is not a super-human feat, possible only to the elect. It is an everyday performance, occurring constantly in our midst. Kindhearted and sympathetic people are doing it unconsciously every time they think of those in trouble. But the compassionate server does it consciously and deliberately, just as a wise gardener casts flower seeds where they will grow into things of joy and beauty. You will find nothing of hypnotism in this art. Many forms of healing which pass for super-normal can be reduced to simple formulæ of thought transmission

just described, and a healer becomes more expert as his concentration increases, for this faculty of making benign images increases with use just as the faculty of perception does.

Distance is, of course, no obstacle to the operation of this unseen force. Wireless messages leap across the Pacific, but a telepathic message, clothed in a lovely image, acts in a yet finer medium than the ether and goes with inconceivable swiftness and irresistible might.

With the development of this new capacity for usefulness will come an inexpressible feeling of satisfaction. At first it will not be easy to sit still and quiet the mind. Sitting still is the hardest thing we mortals do. We have lived so long in the heat and fever of action that we continue bustling about in our minds long after the time for action has ceased. But once you have felt the joy of steady control—when through these strengthening waves from the mind you are able to lift a stricken friend, to fortify a weakened resolve, to shed light upon the darkened lives of others, to heal, to bless, to save—then will your efforts seem worth while.

After all, the ability to help others is life's greatest gift. Service yields the greatest returns from every point of view. The longer we study the strategy of

the Plan, the more certain does it appear that we grow and advance by helping each other, and in no other way. We pray to God for light and direction, but the answer to our prayer comes through the lips of human messengers. The salvation of the race depends upon service and mutual rendering. To serve our fellows intelligently is to work for God's Plan. To help effectively one must have more than kindly impulses. He must have knowledge. Good and kindly men often do great harm because they are ignorant.

The thoughts herein are dedicated to those who would utilize all their power efficiently and to the utmost, doing all the good they can, in every way they can, to all the people they can. To become as a fountain of cool water in a dry and thirsty land, to quench the fever and thirst of men—is not this the true ideal for each of us?

Think of these things until the mind becomes clear and limpid, and in that stillness the truth will be found.

By the Same Author

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